

Deployments sometime involve a great deal of inactivity or waiting, to help you manage your weight during these periods of inactivity try to:

Honor Your Hunger—Eat Only When Physically Hungry

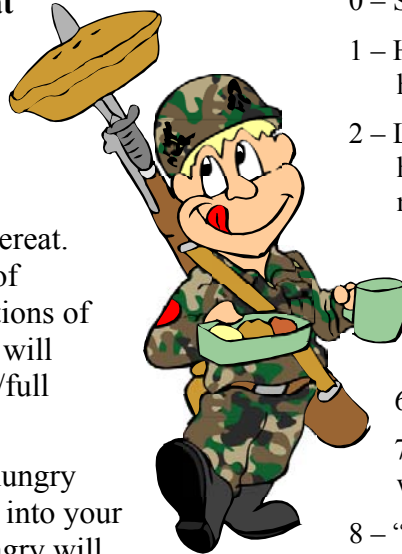
Keep your body fed biologically with adequate energy, otherwise, you can trigger a primal drive to overeat. When you reach the point of excessive hunger, all intentions of moderation are gone. You will overeat (eating to a stuffed/full sensation.).

Eat only when physically hungry because any food that goes into your body when you are not hungry will get stored. IF you have any doubts about whether you are hungry or not, you probably aren't! True hunger is unmistakable.

If you are not able to gauge your degree of hunger at first, this rule of thumb can help you get back on the normal hunger track: Go no longer than 5 waking hours without eating, then assess your hunger level. (Your liver's energy tank runs out of "gas" in about 3-6 hours).

Assess Your Hunger Level

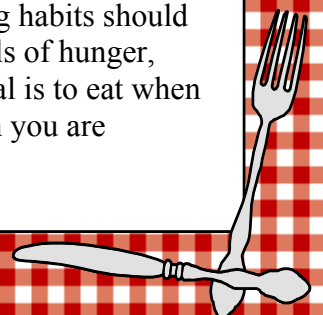
The hunger scale is a way to describe your level of hunger, by describing it you become more conscious and better able to assess your hunger and need for food. You can lose weight and never gain it back, if you eat only when you're physically hungry (a 3 on the hunger scale) and only eat until you are satisfied (5 on the hunger scale). If you often eat until you are uncomfortably stuffed you will gain weight, especially when your physical activity is limited.



- 0 – So hungry that you are not hungry
- 1 – Headache, shaky, too hungry to care what or how much you eat—you WILL overeat
- 2 – Losing concentration, grumpy—seriously hungry – your stomach is empty, you must eat now
- 3 – I'm hungry, stomach growling
- 4 – Not hungry, but not satisfied
- 5 – Satisfied, comfortable, not hungry
- 6 – In slight discomfort, you feel the food
- 7 – Uncomfortable – sleepy, sluggish, you want to change into loser clothes
- 8 – "I ate too much – I am stuffed" Very uncomfortable, stomach hurts
- 9 – Overly stuffed
- 10 – In pain. Thanksgiving Dinner – take a nap

Assess Your Level of Fullness

Listen for the body signals that tell you, you are no longer hungry. Observe the signs that show you're comfortably full...not stuffed. Stop when you're halfway through your meal and ask yourself what your current fullness is. To control your weight under any circumstance you must develop good eating habits. The key to good eating habits is being able to eat when you are hungry and continue eating until you are satisfied and not a bite more. It is being able to choose food you like and consume it without the fear of weight gain. Regular eating habits distinguish good eating habits. For most people this means eating three meals a day and including snacks to satisfy hunger. Good eating habits should be regulated by internal signals of hunger, appetite and fullness. The goal is to eat when you are hungry and stop when you are satisfied.



Healthy Eating Reminders

- Remind yourself constantly that NO food will make you fat, as long as it is eaten in moderation, moderation means eating when you are hungry and stopping before you are uncomfortably full
- Eat a variety of foods, eat a little of everything you are served. A wide variety of foods are essential for a balanced diet. Just as no one food will make you fat (eaten in moderation), no one food contains all the nutrients you need for a well balanced diet.
- Don't feel obligated to clean your plate by eating every crumb.
- When you habitually clean your plate, your eating style goes on autopilot—you eat until completion, until your food is gone. You may certainly be aware that you are engaged in the act of eating, we find that somewhere between bites one and one hundred there is a significant level of unconsciousness
- Pause in the middle of a meal or snack. Are you still hungry? Do you feel unsatisfied, or is your hunger going away and you are beginning to feel satisfied?
- Satisfying your hunger means that you are no longer hungry—you have eaten the right amount of food to fill your stomach and take away any feelings of hunger
- Overeating means that you have overfilled your stomach—your waistband feels tighter, your fat cells are anxiously awaiting that extra serving of poogie bait, snack food, lasagna or extra bites of pizza.
- Resign immediately from the CLEAN PLATE CLUB! You can always eat again whenever you are hungry. Remember it is better WASTED than WAISTED.
- Cope with your emotions without food, don't use food to bury your feelings. An emotional eater learns early on that food is a great way to cope. Here are some reasons why you may eat other than for physical hunger:

Boredom	Procrastination	Anxiety
Grief	Frustration	Stress
Rage	Depression	Anger
Habit	Social	Soothing
- Cope with your emotions by developing healthy coping mechanisms. Do activities that will help you keep your mind off of food or the emotional feelings that are triggering you to eat? Try the following:
 - Increase physical activity. Exercise can help clear your mind and decrease your frustration or stress.
 - Do a few sit ups or push ups
 - Take a walk or a jog
 - Plan activities that are not centered around eating or food. Try to actively think of things that you can do when you are bored or have some extra time on your hands.
 - Play cards
 - Crossword puzzles
 - Write a letter
 - Read a book



Bon Voyage and Bon Appetite!

